

Hawaii MARINE SPORTS

HAWAII MARINE C SECTION

DECEMBER 7, 2007

Semper Fit hosts first tennis tournament

Story and Photos by
Lance Cpl. Brian A. Marion

Combat Correspondent

Balls flew Saturday and Sunday as the Semper Fit Center hosted its first-ever adult tennis tournament here.

The tournament was a round-robin style competition, placing competitors against each other in their categories.

There were a total of six two-person teams and four single competitors.

"Since this was the first adult tournament we've had, we let some of our younger competitors come in to help with the doubles matches," said Connie Zepeda, tennis director.

"I'm looking forward to the tournament," competitor Jauchia Wu said before her first match. "There aren't many single players that I've played here, so it's going to be fun playing today."

The tournament started with the doubles matches. Wu and her partner, Cynthia Jacob, faced Liz Johnston and Kate Leavengood in the female division, while Richard and Ryan Stack faced off against Patrick Turek and Steve Butala in the male division.

"Even though Patrick is young, he is a skilled tennis player," Zepeda said. "He has heart and has learned from his father, who

See *TENNIS*, C-6



Patrick Tourek serves the ball during a match in the adult tennis tournament Saturday and Sunday. Since this was the first tournament for adults to participate in, the younger players were allowed to help with the teams.

Everyone wins at this year's Special Olympics Holiday tournament

Story and Photos by
Lance Cpl. Ronald W. Stauffer

Combat Correspondent

Coming into the winter season, bowlers from the Hawaiian Islands brought their "A" game for the Special Olympics Winter Classic Bowling Tournament at K-Bay Lanes here, Nov. 30.

Teams gathered to share an afternoon of competition and fun, with no worries

of failure or losing.

Before the tournament, volunteers from the military, local community and the Woman's Community Correctional Center suited up and gathered for their bowling brief.

After the brief, volunteers received team rosters and information on using the lanes' computers.

As bowlers filtered through the doors, they signed in and prepared to take their lanes.

See *CLASSIC*, C-7



Noelani Vida of the East Hawaii Explosions from Hilo, Hawaii, waits for a strike as the ball rolls down her lane during Special Olympics Winter Classic Bowling Tournament at the K-Bay Lanes Nov. 30.



Kate Leavengood hits a tennis ball toward her opponents during the tournament Saturday.

Feisty skaters bring roller derby to Hawaii

Story and Photo by
Pfc. Achilles Tsantarliotis

Combat Correspondent

Very few American sports have a history like roller derby. It's gone through turmoil and nearly saw the face of extinction.

Fortunately, it survived and is enjoying resurgence on Oahu, due to the newly founded Honolulu Derby Girls. They formed in October when the founder wanted to play again and found no results when she looked for leagues or teams.

"It's something I love," said Melissa Rosen, founder, Honolulu Derby Girls. "I had a friend on the Mainland who was playing, and I had asked about it and how to start getting it together."

After Rosen decided to start a team, she posted listings in local venues and online.

"I started posting ads around town and in public bathrooms," Rosen said. "I even went online and recruited people through Myspace and Craigslist, and it worked pretty well."

Roller derby might seem complicated, but the struc-



The Honolulu Derby Girls practice at the rink on base. The team founder started her organization when she was unable to locate others around the island.

ture is simple.

"The game is on a circuit track and you have to wear all the equipment, including safety gear," explained Natalie Hancock, coach, Honolulu Derby Girls. "It has two teams of five players, and each team has three blockers, which are

the main defenders ... one pivot, which is the last line of defense and a jammer, the scorer."

Roller derby is a contact sport that relies on regulations and appropriate gear to maintain safety.

"We all have to wear hel-

mets and pads," Hancock said. "It's a contact game, and we need to play safe. It's all about having a good time."

Roller derby relies on the scorer to out-skate defenders and be the first to lap the rest

See *SKATERS*, C-6

ONGOING SPORTS BRIEFS

Parents for Fitness

The Parents for Fitness Program is a cooperative babysitting effort available at the Semper Fit Center, here for all active duty service members and their families. The PFFP participants are required to volunteer babysit three times per month and is open for children 6 weeks and older.

For more information, ccall 664-0184.

Deep-Sea Fishing Charters Offered at Base Marina

Fishermen searching for convenient access to deep-sea charters need look no further than the Base Marina. Bill Collector Fishing Charters offers numerous charter packages accommodating up to six passengers.

Avoiding the traffic and crowd of Oahu’s South Shore, Bill Collectors charters fish from the uncrowded waters of Windward Oahu.

For more information or to charter the Bill Collector, contact the Base Marina at 257-7667 or 254-7666.

Campground and Picnic Sites

For picnic and campsites, Marine Corps Base Hawaii offers some of the most scenic beaches on the island.

Three of those beaches, Pyramid Rock, Hale Koa and Fort Hase, are available by reservation from dawn to dusk. Hale Koa Beach is available for overnight camping, but requires a reservation.

For more information, contact 254-7666 for Kaneohe or 477-5143 for Camp Smith.

Okinawa Kenpo Karate

Every Tuesday and Thursday, join Youth Activities’ contractor for Kenpo Karate Kobudo classes from 6 to 7:30 p.m., in Building 1391, located behind the old 7-Day Store.

Adults and children are welcome. Cost is \$35 for adults, \$25 for children, and \$20 for additional family members.

For more information, contact Youth Activities at 254-7610.

Paintball Hawaii

Nestled behind the Lemon Lot stands Paintball Hawaii. Shoot over for great deals and have a blast with your friends.

Cost is \$25 per person and includes one air refill, equipment and the field fee. The field is open weekends from 9 a.m. to 5 p.m.

For more information or to schedule an appointment, call 265-4283.

K-Bay Lanes

K-Bay Lanes offers economical entertainment Mondays through Thursdays. All E-1s to E-5s pay \$1.75 for games and .50 cents to rent shoes.

For more information, contact K-Bay Lanes at 254-7693.

K-Bay Lanes Color Pin Special

Every Thursday, when you roll a strike and a colored pin is in the headpin position, you can win up to three free games of bowling. All patrons are welcome to take advantage of this deal. If you make the play, you win!

For more information, contact K-Bay Lanes at 254-7693.

Personal Trainers Available at Semper Fit

For those looking to get into a tailored exercise regiment, or just looking for good advice on weight management and weight control, the Semper Fit Center offers free personal training consultation.

You can schedule an appointment with a trainer who will take body-fat measurements, blood-pressure and heart-rate readings.

They will do all this and tailor a program, based on your physical needs and ambitions.

For only \$5 per workout, a professional trainer will actually work with you to ensure maximum efficiency.

Pick up a personal training appointment card at the Semper Fit Center now.

For more information, contact the Semper Fit Center at 254-7597.

Semper Fit Center Offers Array of Group Exercise Programs

Semper Fit Center announces a new and expanded aerobics program. These new classes include a variety of workouts.

The class schedule for Fridays is as follows:

8:45 to 10 a.m.
Step Challenge

11:45 a.m. to 12:15 p.m.
Gut Cut

4:45 to 5:45 p.m.
Cycling

5:45 to 6:45 p.m.
Pilates

7 to 9 p.m.
Aikido



The Helicopter Anti-Submarine Squadron Light 37 officers’ spouses club show their support and Christmas spirit during the Jingle Run at Pop Warner Field Dec. 1.

First Jingle Run brings base community closer

**Story and Photos by
Lance Cpl. Ronald W. Stauffer**

Combat Correspondent

With a special appearance from Santa Claus and “reindeer” leading the way, 3rd Radio Battalion held its first Jingle Run at Pop Warner Field here, Saturday.

Replacing 3rd Radio Battalion’s annual Turkey Trot, the four-mile Jingle Run was a new challenge for some and an adventure for others, as service members, their families and civilians gathered for the event.

Lieutenant Col. John P. Christopher, commanding officer, 3rd Radio Battalion, oversaw the event.

Marine Corps Community Services and their varsity sports coordinator, Meghan Brophy, helped 3rd Radio Battalion handle safety, registration and other necessities before the race.

Bringing out MCCS’s own championship chip system for the race, the participants strapped on the computerized ankle bracelets that gave their time once they crossed the finish line.

As runners began, event volunteers were already making preparations for their return.

Staff Sgt. Jorge Gomez, maintenance management specialist, 3rd Radio Battalion, was the unit coordinator.

“We’re out here trying to get the community involved and for fitness awareness,” Gomez said, while checking in with the lookout posts set up around the run course.

With only a little more than 11



See *JINGLE*, C-6 Scot Muraoka is first to run across the finish line.



Santa cheers runners as they close in on the finish line.

SPOTLIGHT ON SPORTS

— SPORTS BRIEFS —

D.C. United Soccer Clinic

Players from D.C. United are holding a soccer clinic Dec. 16 at Pop Warner Field, from 1030 a.m. to noon. The event is open to ID card holders age 16 and older. A youth clinic for ages 5 to 15 will follow, from 2 to 3:30 p.m.

For more information, call Jon Shiota at 254-7597.



DANCE MOVEMENT ACADEMY AND K-BAY GYMNASTICS

Dance and Gymnastics classes are available for youth between the ages of 1 and 18.

Classes are held Monday through Saturday and encompass areas of interest such as Team Gymnastics, Cheerleading, Tumbling and Trampoline, Jazz and Tap Dancing, Hula and others.

Interested participants are offered one free trial class. Fees will vary according to class frequency and length.

Call 479-3273 to arrange your free class.

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Commander's Cup Bowling League 2008

Team Standings

Place	Team Name	Points Won	Points Lost	Team Ave.	Pins plus HDCP	Handicap	Place	Team Name	Points Won	Points Lost	Team Ave.	Pins plus HDCP	Handicap
1	BANNED	35	9	637	138	25790	9	Chix with Balls	21 ½	22 ½	492	244	24935
2	Pin Wetters	27	17	643	124	25705	10	The Happy Team	20	24	528	216	24625
3	Team Ramrod	25	19	584	172	25097	11	The Blue Ballers	19 ½	24 ½	585	170	25030
4	Balls of Fury	24 ½	19 ½	633	131	25299	12	Silver Bullets	19	25	537	209	25064
5	Flaming Hookers	24	20	660	111	25420	13	Effin' H	19	25	505	234	24285
6	4th Force Recon	24	20	599	159	25051	14	Big Ern's Kids	19	25	506	234	22177
7	Bowling Diva's	23	21	502	236	24935	15	Wang Team	14 ½	29 ½	561	190	22653
8	High Rollers	22	22	564	187	25318	16	The Untouchables	12	32	456	274	15622

Results of Last Week's Bowling....

Lanes	Team Name	-1-	-2-	-3-	HDCP Total	Last Wk WON	Team Name	-1-	-2-	-3-	HDCP Total	Last Wk WON	
1-2	Silver Bullets	714	765	782	2261	3	<--->	Big Ern's Kids	716	696	747	2159	1
3-4	Flaming Hookers	833	754	816	2403	3	<--->	High Rollers	787	760	786	2333	1
5-6	Pin Wetters	815	810	848	2473	3	<--->	BANNED	840	759	754	2353	1
7-8	Balls of Fury	814	880	885	2579	4	<--->	4th Force Recon	753	742	723	2218	0
9-10	Chix with Balls	796	832	795	2423	4	<--->	Wang Team	729	813	750	2292	0
11-12	The Blue Ballers	793	763	759	2315	4	<--->	The Untouchables	0	0	0	0	0
13-14	The Happy Team	736	711	770	2217	1	<--->	Team Ramrod	737	843	744	2324	3
15-16	Effin' H	713	752	721	2186	0	<--->	Bowling Diva's	778	769	773	2320	4

MAJ Last Week's High Scores for Immediate Release MAJ

Men	Scratch Game	279	Mark Gleason	237	Bobby Julian	235	Marc Gonsalves
		232	Terry Smith	223	Terry Smith	221	Chris Ruddell
		215	Jim Martin	208	Bobby Julian	205	Jim Martin
	Scratch Series	651	Mark Gleason	630	Terry Smith	200	Geoff Miller
				601	Jim Martin	622	Bobby Julian
						589	Marc Gonsalves
Women	Scratch Game	189	Val Benedict	187	Carey Berky	168	Kumi Martin
	Scratch Series	511	Val Benedict	506	Carey Berky	451	Mia Ng

Standings as of Dec. 3

BASE POOL

The base pool offers a water slide, diving boards and a kiddie pool for the keiki.

Open Swim
Tuesday through Thursday
1 to 5 p.m.
Saturday and Sunday
12 to 5 p.m.

Adult Lap Swim
Tuesday through Thursday
11 a.m. to 1 p.m.
Saturday and Sunday
12 to 5 p.m.
Hours subject to change.

Water Aerobics
Wednesday
11:30 a.m. to 12:30 p.m.
Saturday
10 to 11 a.m.
Class will resume when pool temperature rises

The pool is closed on Mondays. For more information, call 254-7655.

Fall swim lessons are now available for infants to adults.

Lessons are open to all active duty, family members and DoD employees.

For more information, call Dino Leonard at 254-7655.



Semper Fit offers group classes

Group exercise classes are available at Semper Fit Center! Keep in shape with one of several training sessions that work out all your body areas. Classes at the center include:

Pilates/Yoga Combination Class

Check out Semper Fit's new Pilates/Yoga Combo class Tuesday and Thursday 11:30 a.m. to 12:30 p.m. Increase your inner strength, core strength flexibility and more, all in one great class.

Cardio Kick

If you have pent up frustration or if you are just looking for an awesome workout, this is the class for you. This high energy class incorporates punch and kick combos to improve endurance, speed and agility while burning calories and increasing muscle tone.

Glutes to the Max

Unmush your tush with this intense glute workout. Get rid of the granny fanny with exercises for the hips and butt as you tone with weights, the exercise ball and resistance bands. To top it all off there will be a short ab workout and some stretching after your glutes have been pushed to the max.

High Intensity Circuit Training

Take a class with a great workout for people on the go. Get a heart pounding, challenge on your lunch break. This hour-long class will incorporate a series of circuits designed to challenge your muscular endurance and will strengthen your cardiovascular system.

Stretch

Reach for your toes in this class. Tired of having someone else scratch your back? Time to limber up. A class working on getting back the flexibility you once had or just stretching out those over worked muscles. This class is great way to reduce your chances of getting injured from tight muscles.

Water Aerobics

This non-impact workout is excellent for cardiovascular conditioning, flexibility and strengthening. Aqua training is a terrific way to gain fitness without the stresses of gravity experienced in land-based training.

To attend any classes at the center purchase a class coupon at the Semper Fit Center Front Desk. Coupons are \$2 or purchased at a discount in books of 10 for \$15. Ask about discounts for active-duty members. For more information, call 254-7597.

HEALTH AND WELLNESS

Craving a smoke? Walk instead

Even small doses of exercise may help fight cravings

Press Release

LIFELines

People trying to quit smoking should take a quick walk when they feel like lighting up, British researchers say. In a recent review of studies, they found that even a few minutes of physical activity can help reduce cigarette cravings and withdrawal symptoms.

The team from the University of Exeter looked at 14 studies that examined the effect of exercise on cigarette cravings, withdrawal symptoms, mood, or smoking behavior among smokers who were trying to quit, either permanently or temporarily. Their results were published in a recent issue of the journal *Addiction*.

Exercise significantly reduced cigarette cravings, they found, even when it was a low-intensity activity like isometrics (a type of strength training that involves pushing or pulling against an immovable object) or stretching, and even when people did only five minutes of activity.

Longer periods of more intense exercise - a brisk 15-minute walk, for instance - held cravings at bay for as long as 50 minutes. Exercise also helped lessen the severity of withdrawal symptoms including stress, anxiety, tension, poor concentration, irritability and restlessness.

Lead researcher Adrian Taylor, PhD, says exercise could be an alternative to snacking for many smokers who are trying to quit, especially since the amount of time and activity required to cut cravings is minimal.

"People tend to think of exercise as a visit to the gym, or requiring the need to put on specific clothing, or to be done on a set number of days a week, or only possible on weekends when time is less of a problem," but that is not necessarily true, said Taylor, an associate professor in exercise and health psychology at Exeter.



File photo

The key is simply to do something active when the urge to smoke strikes.

"If it takes an average of six minutes to smoke a cigarette, then doing a brisk walk for this period may be sufficient to help remove the urge," he said.

Any New Quitting Tool Useful
Doctors should encourage patients to use exercise as a tool when they're trying to quit smoking, he added.

"General practitioners should be

asking patients to think about the times and situations they really want a cigarette and advise them to seek to incorporate short bouts of exercise around these," Taylor said.

Tom Glynn, PhD, director of cancer science and trends and director of international tobacco programs for the American Cancer Society, agrees exercise should be a part of every smoker's quitting plan. But it shouldn't be the only quitting tool doctors and patients discuss, he cautioned.

Several types of cessation aids help

smokers quit, including nicotine replacement therapy, antidepressants and other medications, and counseling.

To date, no studies have compared exercise to medications in terms of their effectiveness at helping smokers quit, but Taylor says his study suggests they are comparable methods. And new tools are always needed.

"What we do know is that success rates for quitting [after 1 year] using even the best aids and support available are not much more than 25 per-

cent, so there is scope for finding new aids," he said.

And for smokers who cannot take medication, exercise is an especially realistic and valuable option, he pointed out.

"Giving a quitter an understanding of the options available - and exercise is now clearly one - is important," Taylor said. "Exercise has many other benefits and no side effects. It needs to be promoted as a cheap and convenient, serious option as a smoking cessation aid."



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HEALTH AND WELLNESS

Millions with diabetes at risk for eye disease

Press Release

Prevent Blindness America

More than six million Americans have diabetes and don't know it.

According to the Mayo Clinic, nearly half of all individuals with diabetes have some form of diabetic retinopathy, a potentially blinding eye disease. And, the number of those with diabetes is skyrocketing with a projected 48 million Americans by the year 2050.

Currently, diabetic retinopathy affects 5.3 million Americans. In addition to the impact that the disease can have on quality of life, diabetic retinopathy costs \$490 million annually in direct costs for outpatient, inpatient and prescription drug services, according to a recent research study by Prevent Blindness America and Johns Hopkins University.

In the early and most treatable stage, called nonproliferative, patients will not likely notice any symptoms or change in vision. If left untreated, patients may enter the proliferative stage with symptoms such as blurred or cloudy vision, an increase in "floaters," or tunnel vision, among others. Untreated diabetic retinopathy can also lead to macular edema, which is the swelling of the macula due to leaking blood vessels. Or, it can lead to retinal detachment, one of the most common causes of blindness in diabetes. This occurs when growing blood vessels pull the retina from the back of the eye.

"The diabetes epidemic is showing no signs of slowing down anytime soon," said Daniel D. Garrett, senior vice president, Prevent Blindness America. "We can't stress enough how imperative it is for those with diabetes to get an annual dilated eye exam to help save their sight."

Prevent Blindness America has declared November as Diabetic Eye Disease Month to raise awareness about the serious threat to vision patients with diabetes can face. The group also created a dedicated Web site, <http://www.diabetes-sight.org>, for patients and healthcare professionals to learn more about protecting vision.

Individuals with diabetes are 40 percent more likely to develop glaucoma and 60 percent more likely to develop cataracts

than those without diabetes.

According to Prevent Blindness America, other risk factors for diabetic eye disease include:

Age

Both younger and older people with diabetes are at risk for diabetic retinopathy.

Duration of the Disease

The longer a person has diabetes, the greater the chance of retinopathy. Virtually everyone who was diagnosed with diabetes before age 30 has diabetic retinopathy within 15 years of their diagnosis. About three quarters of those who are diagnosed after age 30 have diabetic retinopathy within 15 years of diagnosis.

Blood Sugar Control

Poor blood sugar control is one of the main causes of diabetic retinopathy. Individuals with diabetes can lower the risk of vision loss by carefully monitoring and controlling blood sugar levels. The onset and progression of retinopathy may be slowed by controlling blood sugar levels through a healthy diet, insulin and other drugs.

Smoking

Quitting smoking can significantly reduce the risk for diabetic retinopathy.

Alcohol

Alcohol and diabetes are a dangerous combination for many reasons, including an increased risk of diabetic retinopathy.

Hypertension

High blood pressure increases the risk of eye disease, as well as heart disease, stroke and kidney disease.

Pregnancy

While scientists are still unsure why, pregnancy seems to increase a woman's risk of developing, or accelerating, diabetic retinopathy. Pregnant women with diabetes should see their eye doctor during their pregnancy.

For more information on diabetic eye disease, please call Prevent Blindness America at (800) 331-2020.



File photo



Ryan Stack returns a ball across the court to Steve Butala and Patrick Tourek in a Semper Fit tennis tournament Saturday.

TENNIS, from C-1

is also playing later on."

Each team fought to expose weaknesses in their opponents. In the end, Wu and Jacob were victorious.

"It's a good feeling," Jacob said. "It's been a while since I've been able to play and it's nice to know I can still play well."

During an intermission from doubles matches, men and women facing off in singles matches had their chance to play.

Wu went against Achnesia Catimon in the women's match. Their skill levels were about equal, but Wu won her singles match as well.

"It was a great match," Wu said. "It was nice to actually play someone in a singles match. I look forward to our next encounter."

On the men's court, Stack and Butala also faced each other with almost equal skill,

but Butala was able to break ahead of Stack and win the men's trophy.

"It was a tough match, but I'm glad I was able to win," Butala said.

The tournament was small in size, but experienced participants helped make it enjoyable.

"Most of the people here have played in at least one tournament before," Zepeda said. "During their warm ups against each other, or even after the match, the more experienced players were helping the newer ones by giving them advice about certain things that they did incorrectly. It's nice to see the camaraderie of the players involved and having them help each other makes these tournaments what they are."

For more information about upcoming tennis tournaments or practices, contact the Semper Fit Center at 254-7590.

SKATERS, from C-1

of the opposing team. Each one of these "jams" takes place within the maximum time limit of two minutes, with the lead scorer capable of ending it at anytime by placing their hands on their hips.

Roller derby's sudden rejuvenation in Hawaii after roughly 20 years might leave many people wondering where the facilities are. Fortunately, one of the few rinks is here, across from Pop Warner Field, and through Hancock's husband she is able to sponsor the team for their weekly practices.

"My husband is in the Army over at Schofield Barracks," Hancock said. "That's how we can use the rink here for our practices, and it's great having that option. I'm happy the base supports that."

Hancock's skating dates back to her childhood, when she competed in school and developed into the strong skater she is today, leading her to the present role of captain.

"I've always loved skating; the feeling you get is amazing," Hancock said. "That's why I was so happy to join the team – it's something I always loved doing and want to continue doing."

The sudden surge in roller derby popularity gives people the opportunity to try something new or continue a hobby of old.

For more information, call Hancock at 224-6006.



JINGLE, from C-2

minutes on the clock, the lookout post at the halfway marker radioed in the first runner who passed the mark.

Amazed with the announcement, the spectators waited and watched intensely for the first runner to turn the corner of the course while Santa waited to cheer on returning runners.

Out of nowhere came Scot Muraoka, a civilian participating in the race.

"I wanted to run and participate for the Marines here, and to make sure there were enough participants

to keep the race going for next year," Muraoka said, as he tried to catch his breath and cool off.

Muraoka said it wasn't an easy course, but he wanted to be here to support the troops who are fighting in Iraq.

As more runners pushed past the finish line, the crowd cheered and passed out water and Gatorade before the next event.

Next was the family fun run, where parents challenged their children to run three track laps together.

Meanwhile, judges readied the Jingle Run scores, broken down by age, gender and team.

Christopher presented the awards, as Brophy called out participants' names over a cheering crowd.

After the event, Brophy said she wanted to thank 3rd Radio Battalion, the volunteers and all the participants for coming out.

"It was a great communication builder and a great way for the command to get out to the community," Brophy said.

Although the Turkey Trot was canceled this year, 3rd Radio battalion kicked off the Christmas season with the first successful Jingle Run, and will have the Turkey Trot again next year.



Santa, played by Gunnery Sgt. Aaron Malmos, motor transportation maintenance chief, 3rd Radio Battalion (left), shakes hands with Lieutenant Col. John P. Christopher, commanding officer, 3rd Radio Battalion, during the Jingle Run at Pop Warner Field Dec. 1.



Lea Geraci of Aunty Mercedes’s Gang from Wailakea High School, aims, swings and releases in hopes for a strike during the Special Olympics Winter Classic Bowling Tournament at the K-Bay Lanes Nov. 30.

CLASSIC, from C-1

Hustling and bustling, the participants seemed to glow with happiness during the National Anthem.

After a short five-minute pre-bowl, the alley was hopping with balls flying down the lanes.

“I’ve been bowling well right now,” said Mahealani Nieto-Lopes, Special Olympics Leeward Activity Club, with a smile. “I think bowling is good for you. It helps you improve inside yourself and helps your self confidence.”

Mahealani’s sister, Mariana Nieto-Lopes, agreed, saying

she enjoys bowling and has fun trying to knock all the pins down.

Both sisters said they’ve bowled for two years and want to enjoy it as long as they can.

As balls kept rolling, volunteers kept track of the teams’ total scores for three games, as they cheered on their players.

“It’s been fun so far, and it’s a better day spent than anything else,” said Petty Officer 2nd Class Triva Pino, volunteer from the Naval Computer & Telecommunications Area Master Station Pacific in Wahiawa.

Pino said she heard about



Jovelyn Ramones of the Red Waves Strikers from Hilo, Hawaii, sends her ball down the ramp .

the event through an e-mail from her command and was happy to volunteer.

“I think it boosts morale and gives service members something better to do,” Pino said. “I wish more would volunteer, and I think if they did it once, they’d do it again

next year.”

As the teams finished their final games, they waited in anticipation for their final scores, gathering with family and friends.

Outside the bowling alley’s front doors, the winners’ podium awaited bowlers to

take their places.

The teams took their positions in order of achievement before marching out.

Cheering, the crowd of volunteers, family members and spectators watched as players received ribbons and medals and praise for their hard work

and sportsmanship.

Whether a participant or a volunteer, everyone stepped away from the lanes a winner.

The Special Olympics Winter Classic was a three-day event that included a bowling tournament, a basketball tournament and a victory

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American Academy of Dermatology

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AROUND THE CORPS

Professional golfers swing with TQ servicemembers

Story and Photo by
Cpl. Thomas J. Griffith

2nd Marine Logistics Group

AL TAQADDUM, Iraq — Six Professional Golf Association icons visited service members here Nov. 24 as part of a Morale, Welfare and Recreation tour throughout al Anbar province.

Tom Watson, Howard Twitty, David Feherty, Joe Inman, Tom Lehman and Butch Harmon signed autographs, golf balls and baseball caps. Service members earned prizes for correctly answering golf trivia questions asked by the golfers.

Staff Sgt. Dan Mercer, operations chief, Disbursing Office, Service Company, 2nd Marine Logistics Group (Forward), an avid golfer, said it was a great to meet the golf legends.

“I think it’s great that they took time out of their Thanksgiving vacation to visit us,” said the Morgantown, W. Va., native. “It’s awesome.”

Mercer, who hits golf balls around the base when he can find the time and space, was even able to get his golf driver signed by the pros.

David Feherty, a former European and PGA Tour golfer and currently a CBS sports broadcaster, said the pleasure was his.

“I wanted to see for myself [the situation in Iraq] and get an opportunity to say thank you to those who ensure we have the kind of life we have,” he explained.



Butch Harmon signs a golf club for Staff Sgt. Dan Mercer, operations chief, Disbursing Office, Service Company, 2nd Marine Logistics Group (Forward).

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**IRONIC,
ISN'T IT?**

The fact is, tanning can lead to melanoma/skin cancer. So examine yourself regularly. Look for blemishes larger than a pencil eraser, multi-colored or asymmetrical in shape. If you have any questions, see your dermatologist.

**spot
MELANOMA/SKIN CANCER
EARLY**

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